



**THE ANNUAL VFW POST 133 BENEFIT 5K RUN/  
WALK TO SUPPORT VETERANS AND THEIR  
NEEDS SPONSORED BY VFW POST # 133  
EAST BRUNSWICK, NJ**



**DATE: JULY 28, 2024**

**LOCATION: EAST BRUNSWICK ARTS CENTER, CRANBURY ROAD, JUST PAST THE FAIR  
GROUNDS – EAST BRUNSWICK**

**COURSE: CERTIFIED; FAST**

**RACE DAY TIMELINE:**

**7:30AM – RACE DAY REGISTRATION OPENS (AT THE ARTS CENTER)**

**9:00AM – RACE BEGINS**

**10:00AM – NOON – AWARDS PRESENTATION AND POST-RACE PARTY AT THE FINISH LINE  
(FOOD/SODA/BEER)**

**TOP QUALITY T-SHIRTS GUARANTEED TO ALL PRE-REGISTERED RUNNERS (THEY WILL BE  
AVAILABLE WHILE SUPPLIES LAST FOR THOSE REGISTERING THE DAY OF THE RACE).**

**RACE PACKET PICK-UP: SATURDAY 7/27, 5-7PM AT THE VFW POST 133 & RACE DAY AT THE  
ARTS CENTER**

**AWARDS: MEDALS TO TOP THREE MALE/FEMALE FINISHERS IN THE FOLLOWING AGE  
CATEGORIES: 19 & UNDER, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & OVER.**

**REGISTRATION DEADLINES & ENTRY FEES:**

**\$25 – ON-LINE REGISTRATION ON OR BEFORE JULY 23 (COMPUSCORE.COM)**

**\$30 – LATE REGISTRATION (AFTER JULY 23)**

**\$12 - KIDS RACE (12-UNDER) BEFORE JULY 23 (COMPUSCORE.COM)**

**Last Name \_\_\_\_\_ First Name \_\_\_\_\_**

**Address \_\_\_\_\_**

**Street**

**City**

**ST**

**Zip**

**Phone # \_\_\_\_\_ Email \_\_\_\_\_**

**Birth Date \_\_\_/\_\_\_/\_\_\_ Age (day of the race) \_\_\_\_\_**

**T-Shirt size : S M L XL (CIRCLE ONE) Gender: M F (CIRCLE ONE)**

**I realize that running a road race is a potentially dangerous activity and that I should not enter unless I  
am medically able and properly trained. I assume all the risks associated with running this event.**

**Having read this waiver and knowing these facts and in consideration of your accepting my entry, I waive  
and release the VFW, its officers, its members, race volunteers, race organizers and the Township of East  
Brunswick, their departments and employees from my claims and liabilities of any kind arising from my  
participation in this event. \_\_\_\_\_**

**Anyone under 18 must have this signed by a parent**

**Please remit applications to: VFW Post 133**

**Thank you,  
Tom  
Cohill**

**485 Cranbury Road East  
Brunswick, NJ. 08816**

**Wayne Lyons Sr.  
Race Director  
wtlsrebs@yahoo.com**